

Your Sleep Playbook

Use the examples as a guide, then add what works for you.

1. My Sleep Works Best When...

Morning light + 20 min walk

Dinner before 8 PM

Cooling routine before bed

15-min evening ritual

Predictable bedtime window

2. My Sleep Gets Worse When...

Drinking alcohol

Late screens

Heavy dinners

Evening arguments

Exercising too late

3. My Plan B for Rough Nights

Cool washcloth on forehead

4-6 breathing technique

Jaw-pelvis release

Cognitive shuffle

Micro-snack if truly hungry

Your notes:

Your notes:

Your notes: